

IN THE CLAIMS:

Kindly amend claims 1-4 as follows:

1. (Currently Amended) ~~[[A]]~~ An orally administered skin moisturizer and skin beautifier
~~for oral administration~~ comprising:

0.000001-0.004 wt% of sphingomyelin as an effective ingredient.

2. (Currently Amended) The orally administered skin moisturizer and skin beautifier ~~for~~
~~oral administration~~ according to claim 1, wherein the sphingomyelin is derived from cow milk.

3. (Currently Amended) A skin-beautifying food or feed containing the skin moisturizer
and skin beautifier of claim 1 ~~comprising sphingomyelin~~.

4. (Currently Amended) The skin-beautifying food or feed containing the skin moisturizer
and skin beautifier of ~~according to~~ claim 3, wherein the sphingomyelin is derived from cow milk.

5. (Withdrawn) A method of decreasing transepidermal water loss comprising orally
administering a skin beautifier containing sphingomyelin as an effective ingredient.

6. (Withdrawn) The method of decreasing transepidermal water loss according to claim 5, wherein the sphingomyelin is derived from cow milk.

7. (Withdrawn) The method of decreasing transepidermal water loss according to claim 5, wherein the sphingomyelin is orally administered in food.

Kindly add new claims 8 and 9 as follows:

8. (New) The orally administered skin moisturizer and skin beautifier of claim 1, comprising:

0.0002-0.001 wt% of sphingomyelin as an effective ingredient.

9. (New) The orally administered skin moisturizer and skin beautifier of claim 1, further comprising one or more of collagen, vitamin C, and iron.